

## Going by the Numbers

Calling all football fans who enjoy statistical stack-ups: Before your next football game get-together or tailgate event, consider the following alternatives to commonly served snacks. Healthy football foods can be just as easy to prepare, with fewer calories and more nutrition. See?

<i>Compare...</i>	<i>Prep Time</i>	<i>Calories</i>	<i>Total Fat</i>	<i>Saturated Fat</i>	<i>Sodium</i>	<i>Fiber</i>	<i>Other Benefits...</i>
1 cup prepared macaroni salad	0	447	33 g	9 g	613 mg	2 g	
1 cup green salad with pre-cut Romaine lettuce, carrots, tomato, cucumber, and low-fat dressing	3 min.	98	7 g	1 g	15 mg	3 g	Vitamins A and C

1 cup potato chips and ¼ cup onion dip	0	312	26 g	11 g	649 mg	1 g	
1 red bell pepper, cut into strips and ½ cup prepared low-fat bean dip	3 min.	147	0	0	300 mg	1 g	Vitamins A and C

1 cup buttered popcorn	5-10 min.	155	14 g	8 g	187 mg	1 g	
¼ cup dried cranberries	0	105	0	0	0	2 g	No cholesterol

12 ounces cola	0	140	0	0	50 mg	0	
12 ounces juice sparkler – ¾ cup orange and grapefruit 100% juice blend and ¾ cup sparkling water	2 min.	70	0	0	0	0	Vitamin C

1 ounce fried tortilla chips and ¼ cup hot cheese dip	4 min.	232	13 g	3 g	770 mg	0	
1 ounce baked tortilla chips and ¼ cup fresh salsa	0	102	0	0	337 mg	2 g	Vitamin C

1 cup standard vanilla ice cream	0	266	15 g	9 g	106 mg	0	
½ cup vanilla low-fat yogurt and ½ cup raspberries	0	155	2 g	1 g	71 mg	3 g	More calcium plus vitamins C and A